

STAR SYSTEM #104

((MUSIC...UP AND UNDER....THEN GO 10 HS SIGNALS))

Here is another exercise in remembering how much more you are than your physical body.

To prepare for this, turn to your Security Repository Box, raise the heavy lid. Place in the box any worries , anxieties or concerns that you may have in your mind, anything that may get in the way of your relaxation. When you have them all in the box, close the heavy lid tightly, and turn away from the box, turn away from it, put it behind you. I will wait while you do this.

(PAUSE)

Now, I will help you reinforce the relaxation process to Focus 10, where your mind remains awake, but your physical is comfortably asleep. Let yourself follow, just remember the higher the number, the more deeply you become relaxed. If you fall asleep along the way, that's fine. I'm going to start the count now.

1, 2 3 4 5 6 7 8 9 10

Relax and feel calm and comfortable. in Focus 10.

(fill with 10 signals)

Now for the next step in remembering how truly more than physical limits you are, You can move to Focus 12 as I guide you. Focus 12, a state of expanded awareness beyond your physical knowledge, so you can just let your physical body remain relaxed and asleep. Focus 12, the state of expanded awareness, where you can perceive and remember that part of you that has been blocked by physical

body signals - just how much more you are.

((SEGUE TO F-12 HS UNDER FOLLOWING))

I'm going to count now, and you can follow, saying the numbers in your mind. 10...11...12. Focus 12... where all of the signals and information are available to you that have been shut off by your physical senses. All of these are available to you now as you remember. Remember. Relax and remember. Remain calm and relaxed. Enjoy again as you remember how much more you really are. I will join you again shortly.

((PAUSE....HOLD F-12 HS 3 MINUTES))

Now, so that you remember even more how much greater you are than your physical body, I will guide you to Focus 15, a state of expanded awareness where time does not exist...where time does not exist. In Focus 15, you will remember again in your mind how it feels to be completely free of the limits of time.

((CROSS FADE TO HS-15 SIGNALS UNDER FOLLOWING))

I'm going to count now, and you repeat the numbers in your mind. 13.....14.....15....15. Focus 15, where your mind is free to think and remember and be without concern as to time. Relax, enjoy the freedom of Focus 15 as you remember more. I will return to guide you into even greater remembering.

((PAUSE....HS-15, 2 minutes))

Now with your conscious self free of time restraints... I will guide you to the edge of material space, which you will soon remember, where you can think and remember all that you are... and all that you have been. We call it Focus 21, with your mind still

awake and your physical body asleep. Focus 21. I will guide you now, by counting to 21, and as I do, say the the numbers in your mind to yourself. 16,17,18 19, 20,21... Focus 21...the edge of total freedom from time and space. Relax, enjoy the near view of total freedom, and stay calm as you perceive and remember.

((THETA DELTA HS SIGNALS AND MUSIC....3 MINUTES))

Now that you remember more and more, we can take a tour beyond time and space...beyond time and space. As you perceive around you, you will find a small light far over you...and small bright light. Move now calmly and easily toward the light, moving slowly through the area of Focus 22, through a passageway in the loose and random thought of Focus 22.

Now. Now you are into the light of Focus 23, where you and those around you are completely free of the limitations and restrictions of the physical body. Remember again how it feels to have this freedom.

(PAUSE)

Now I will lead and guide you through Focus 24, Focus 25, and Focus 26, signposts for active states of being created by human thought while still active in the physical body...for residence after such physical body has released or discarded. Remember and explore if you desire any that seem important to you...and then I will help you move to Focus 27.

(PAUSE)

Now we will move on to Focus 27, more through the light, more and more....there. There is the center of Focus 27....a beautiful park

with trees, bushes, flowers, grassy plots, a running stream of water...walks with benches...and people. It is a reception center, a way station, a temporary resting place where humans who have left their physical existence...who have not decided what they desire to do and be next...they can relax here ...relax and gather their thoughts ...and talk about it with friends who are here. Move into the park and relax completely. Let your remembering flow strongly. I will call you when we need to return.

((HS AND MUSIC...5 MINUTES))

Now we must move back again to the point where we started. Give thanks to those who may have helped you...and now you are moving up and away from the Park of Focus 27.....through Focus 26 easily and surely....now moving back through Focus 25.....and thru through Focus twenty four.....now through twenty three....now into the darker passageway though Focus 22.....

21...21...Back into physical space of Focus 21.

((CONVERT SLOWLY TO THETA SIGNATURES UNDER FOLLOWING))

We will return now to full physical waking consciousness , slowly and easily as I count from 20 back to one, and as I count, repeat the numbers in your mind. With each lower number, you will be come slowly and easily more aware of time and space...and the activity of your physical body.

I am going to count down now. 20, 19, 18, 17, 16,15.....your are in Focus 15, back in the physical world but still free of time. 14, 13, 12,....Focus 12, now back in time and space, but your mind is still separate... You still remember what and who you are.

Counting back more...11, 10. Focus 10, with mind awake and body still asleep.

Now I will count from 10 to 1, and when I reach the count of one, all of your five physical senses will be operating cleanly, surely, and clearly, wide awake and alert, and your mind will be bright and sharp...all of this when I reach the count of one.

10,9,8,7,6,5,....you will be completely wide awake with all five senses operating smoothly, and your mind bright but calm and relaxed. 5, 4,3,2, One....One! Open your eyes. Breathe slowly and deeply...and remember what you have experienced.

((MUSIC....UP AND FILL....BETA HS SIGNALS))